





## Sample Reduced Calorie Menus

The reduced calorie menus illustrate healthy food choices from a variety of cuisines (American,

Southern, Asian, Mexican-American) at two calorie levels, 1,200 and 1,600. These menus are appropriate for weight loss in women and men.

Traditional American Cuisine—Reduced Calorie				
		1,200 Calories	1,600 Calories	
<b>Breakfast</b> 	Whole wheat bread	1 med slice	1 med slice	
	Jelly, regular	2 tsp	2 tsp	
	Cereal, shredded wheat	½ cup	1 cup	
	Milk, 1%	1 cup	1 cup	
	Orange juice	¾ cup	¾ cup	
	Coffee, regular	1 cup	1 cup with 1 oz of 1% milk	
	<b>Lunch</b> 	Roast beef sandwich:		
Whole wheat bread		2 med slices	2 med slices	
Lean roast beef, unseasoned		2 oz	2 oz	
American cheese, low fat and low sodium		—	1 slice, ¾ oz	
Lettuce		1 leaf	1 leaf	
Tomato		3 med slices	3 med slices	
Mayonnaise, low calorie		1 tsp	2 tsp	
Apple		1 med	1 med	
Water		1 cup	1 cup	
<b>Dinner</b> 		Salmon	2 oz edible	3 oz edible
	Vegetable oil	1½ tsp	1½ tsp	
	Baked potato	¾ med	¾ med	
	Margarine	1 tsp	1 tsp	
	Green beans, seasoned, with margarine	½ cup	½ cup	
	Carrots, seasoned	½ cup	—	
	Carrots, seasoned, with margarine	—	½ cup	
	White dinner roll	1 small	1 med	
	Ice milk	—	½ cup	
	Iced tea, unsweetened	1 cup	1 cup	
	Water	2 cup	2 cup	
	<b>Snack</b> 	Popcorn	2½ cup	2½ cup
		Margarine	¾ tsp	½ tsp

Calories .....1,247  
 Total carbohydrate, % kcals ..... .58  
 Total fat, % kcals ..... .26  
 \*Sodium, mg .....1,043  
 Saturated fat, % kcals ..... .7  
 Cholesterol, mg ..... .96  
 Protein, % kcals ..... .19

Calories .....1,613  
 Total carbohydrate, % kcals ..... .55  
 Total fat, % kcals ..... .29  
 \*Sodium, mg .....1,341  
 Saturated fat, % kcals ..... .8  
 Cholesterol, mg ..... .142  
 Protein, % kcals ..... .19

Note: Calories have been rounded. \*No salt added in recipe preparation or as seasoning.

## Asian American Cuisine—Reduced Calorie

### Breakfast



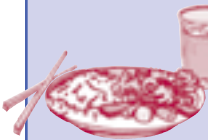
	1,200 Calories	1,600 Calories
Banana	1 small	1 small
Whole wheat bread	1 slice	2 slices
Margarine	1 tsp	1 tsp
Orange juice	3/4 cup	3/4 cup
Milk 1%, low fat	3/4 cup	3/4 cup

### Lunch



Beef noodle soup, canned, low sodium	1/2 cup	1/2 cup
Chinese noodle and beef salad:		
Beef roast	2 oz	3 oz
Peanut oil	1 tsp	1 1/2 tsp
Soy sauce, low sodium	1 tsp	1 tsp
Carrots	1/2 cup	1/2 cup
Zucchini	1/2 cup	1/2 cup
Onion	1/4 cup	1/4 cup
Chinese noodles, soft-type	1/4 cup	1/4 cup
Apple	1 med	1 med
Tea, unsweetened	1 cup	1 cup

### Dinner



Pork stir-fry with vegetables:		
Pork cutlet	2 oz	2 oz
Peanut oil	1 tsp	1 tsp
Soy sauce, low sodium	1 tsp	1 tsp
Broccoli	1/2 cup	1/2 cup
Carrots	1/2 cup	1 cup
Mushrooms	1/2 cup	1/4 cup
Steamed white rice	1/2 cup	1 cup
Tea, unsweetened	1 cup	1 cup

### Snack



Almond cookies	—	2 cookies
Milk 1%, low fat	3/4 cup	3/4 cup


Calories .....1,220  
 Total carbohydrate, % kcals .....55  
 Total fat, % kcals .....27  
 \*Sodium, mg .....1,043  
 Saturated fat, % kcals .....8  
 Cholesterol, mg .....117  
 Protein, % kcals .....21

Calories .....1,609  
 Total carbohydrate, % kcals .....56  
 Total fat, % kcals .....27  
 \*Sodium, mg .....1,296  
 Saturated fat, % kcals .....8  
 Cholesterol, mg .....148  
 Protein, % kcals .....20

Note: Calories have been rounded. \*No salt added in recipe preparation or as seasoning.



Mexican American Cuisine—Reduced Calorie

<b>Breakfast</b>	<b>1,200 Calories</b>	<b>1,600 Calories</b>
 Cantaloupe	½ cup	1 cup
Farina, prepared with 1% low-fat milk	½ cup	½ cup
White bread	1 slice	1 slice
Margarine	1 tsp	1 tsp
Jelly	1 tsp	1 tsp
Orange juice	¾ cup	1½ cup
Milk, 1%, low fat	½ cup	½ cup
<b>Lunch</b>		
Beef enchilada:		
Tortilla, corn	2 tortillas	2 tortillas
Lean roast beef	2 oz	2½ oz
Vegetable oil	⅔ tsp	⅔ tsp
Onion	1 Tbsp	1 Tbsp
Tomato	4 Tbsp	4 Tbsp
Lettuce	½ cup	½ cup
Chili peppers	2 tsp	2 tsp
Refried beans, prepared with vegetable oil	¼ cup	¼ cup
Carrots	5 sticks	5 sticks
Celery	6 sticks	6 sticks
Milk, 1%, low fat	—	½ cup
Water	1 cup	—
<b>Dinner</b>		
Chicken taco:		
Tortilla, corn	1 tortilla	1 tortilla
Chicken breast, without skin	1 oz	2 oz
Vegetable oil	⅔ tsp	⅔ tsp
Cheddar cheese, low fat and low sodium	½ oz	1 oz
Guacamole	1 Tbsp	2 Tbsp
Salsa	1 Tbsp	1 Tbsp
Corn	½ cup	½ cup seasoned with ½ tsp margarine
Spanish rice without meat	½ cup	½ cup
Banana	½ large	1 large
Coffee	½ cup	1 cup
Milk, 1%, low fat	1 oz	1 oz

Calories . . . . .1,239  
 Total carbohydrate, % kcals . . . . .58  
 Total fat, % kcals . . . . .26  
 \*Sodium, mg . . . . .1,364  
 Saturated fat, % kcals . . . . .8  
 Cholesterol, mg . . . . .91  
 Protein, % kcals . . . . .19

Calories . . . . .1,638  
 Total carbohydrate, % kcals . . . . .56  
 Total fat, % kcals . . . . .27  
 \*Sodium, mg . . . . .1,616  
 Saturated fat, % kcals . . . . .9  
 Cholesterol, mg . . . . .143  
 Protein, % kcals . . . . .20

Note: Calories have been rounded. \*No salt added in recipe preparation or as seasoning.